



# Certificate course in Ayurvedic Medicine



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This program is intended to provide detailed education about various properties of herbs / plants to the students



**ACCREDITED BY ATAB**

# Objective

To acquire a comprehensive education in Ayurveda to develop a deep understanding of traditional Indian holistic healing practices, herbal medicine, and wellness principles with modern knowledge, in order to promote holistic health and well-being. Through a structured education, we aim to develop proficiency in Ayurvedic principles and therapeutic modalities. Our goal is to contribute to the healthcare field by applying Ayurvedic practices to enhance individual and community health, fostering a balanced and harmonious lifestyle

## Course Curriculum

### Core syllabus

- Properties of Herbs

- Taste (Rasa)
- Potency (Virya)
- Post-Digestive effect (Vipaka)
- Unreasonable effect (Prabhava)
- Introduction and types of Properties (Gunas)
- Importance-Practical application of Properties (Gunas)



- Detailed study of 100+ herbs
- Powerful and effective Ayurvedic herbs and spices to achieve holistic healing
- Ayurvedic herbs and their connection with herbal remedies, herbal oil and herbal ghrut
- Detailed study of 100+ Ayushakti herbal remedies



- Herbs and Herbal Supplements used for

- Aam
- Digestive health challenges
- Liver, gallbladder, spleen related health challenges
- Kidney related health challenges
- Skeletal Systems related health challenges
- Skin related health challenges
- Beauty and hair related health challenges
- Respiratory health challenges
- Childrens related health challenges
- Heart related health challenges
- Anxiety, stress, depression and Low Energy
- Obesity and associated Health challenges
- Gynecological Health challenges
- Male Reproductive health challenges



- Pulse diagnosis part 2

- How to know the physical, mental, emotional and spiritual state of people
- Learning of the pulse for healthy main organs of the body
- Knowing pulse of health issues like Autoimmune condition, Low immunity, Low metabolism
- Understanding the pathology occurring area through pulse
- Identifying a disease through pulse



- Marmaa shakti part 2

- Diabetes marmaa
- Hypertension marmaa
- ADHD marmaa
- Autism marmaa
- Eye marmaa

- Panchkarma therapies part 2

- 20+ Ayushakti Detox programs - Obetox, Skinotox, Healthy me detox
- Who can be benefited with the Detox
- How to care for the client during Detox
- Guidance of the process



## Outcome

Completing a certificate course in Ayurvedic Medicine can offer a wide range of benefits, both for personal development and professional advancement. Here are some key points:

- **Herbal Pharmacology:** Acquire expertise in the pharmacology of Ayurvedic herbs and formulations, enabling you to recommend natural remedies effectively.
- **Customized Wellness Plans:** Develop the skills to create personalized wellness plans based on individual constitutions and imbalances, tailored to meet the unique needs of each client.
- **Career Opportunities:** Open up new career paths in the fields of holistic health, wellness coaching, alternative medicine, and integrative healthcare, including roles such as Ayurvedic practitioner, therapist, or consultant.
- **Holistic Client Care:** For existing health practitioners, enhance your ability to offer holistic care to clients by incorporating Ayurvedic diagnostics and treatments into your practice.
- **Client Education:** You can educate the clients about Ayurvedic herbs and herbal remedies. It will resolve their doubts, concerns about the herbs. They can play a more active role in their own health management with this knowledge and clarity of the treatment.



## Mode of class: HYBRID

- 2 hours 2 sessions every month for 10 months – online 60 hours
- 8 days in person learning / practice – 8 hours \* 8 days =64 hours
- 27 hours self-study per week for 10 months – 27\*4\*10=1080 hours

## Eligibility

- Successfully completed of Certificate course in Ayurvedic Basics
- Any Medical practitioners (BAMS, MBBS, BHMS)
- Naturopath, Osteopath, Chiropractors, Healthcare, and Wellness practitioners, Heilpraktiker
- Alternative Practitioner
- Any Medical students

## Duration: 1 year

- 1200 Hours (Class, Self study, Practice, Herbal garden or forest visit, factory visit, and Attempting Evaluation, )

## Evaluation method

- After each session, online MCQ type assessment to be attempted within 1 year from registration
- To show/do practical demo and to attempt VIVA session
- Submission of practical



After successful completion of all assessments you will be able to download Certificate of Completion accredited by ATAB

To register click on ENROLL NOW on below given link



<https://education.ayushakti.com/course/CertificateCourseinAyurvedicMedicine-64911>

For any query or required assistance contact details:



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